FALL PROTECTION

GUARDRAIL SAFETY

Inspect these fall locations before beginning work and at the end of each day:

- Window openings
- Stairways and landings
- Second-story entrances
- Porches, decks, front steps
- Scaffolding

GUARDRAIL SYSTEM

1926.502(b)
Top rail: 42” ± 3”
Mid-rail: 21” ± 3”
Note: Toe boards are not part of a guardrail system for fall protection

COMPETENT PERSON

A Competent Person is capable of identifying existing and predictable hazards and has the authority to take prompt corrective actions to eliminate those hazards.

FALL PROTECTION REQUIREMENTS

Fall protection must be used when working 6’ or higher in general or when working 10’ on scaffolding.

HARNESS SYSTEM INSPECTION

DUTY TO HAVE FALL PROTECTION

1926.501(a)
Employer is required to provide Fall Protection Systems. Employer shall determine if the walking/working surfaces on which its employees are to work have the strength and structural integrity to support employees safely.

For residential or commercial construction, utilization of one of two conventional methods of fall protection is required by the standard, when applicable:

- Personal fall arrest systems (harness, rope grab lanyard, lifeline & attachment point)
- Guardrail systems

SCAFFOLD SAFETY

All scaffolds (except ladder jack scaffolds) must be properly erected, including use of base plates on each leg and adequate mud sills under each base plate. All cross bracing and pins must be in place. The working surface must be completely covered by adequate walkboards, and those walkboards must be properly secured to the scaffold supporting members to prevent movement.

Ensure footing is stable and scaffold is plumb and level.

- Use mud sills - firm foundation
- Base Plates are a must!
- Use Screw Jacks
- Cross Bracing must be in place
- Guardrails!
- Tied to the building starting at 4 times the width high
**LADDER SAFETY**

**EXTENSION LADDERS**

**DO**
- Maintain a 3-point contact (two hands and a foot, or two feet and a hand) when climbing/descending a ladder.
- Face the ladder when climbing up or descending.
- Keep the body inside the side rails.
- Use extra care when getting on or off the ladder at the top or bottom. Avoid tipping the ladder over sideways or causing the ladder base to slide out.
- Carry tools in a tool belt or raise tools up using a hand line. Never carry tools in your hands while climbing up/down a ladder.
- Extend the top of the ladder three feet above the landing.
- Keep ladders free of any slippery materials.

**DO NOT**
- Place a ladder on boxes, barrels, or unstable bases.
- Use a ladder on soft ground or unstable footing.
- Exceed the ladder’s maximum load rating.
- Tie two ladders together to make them longer.
- Ignore nearby overhead power lines.
- Move or shift a ladder with a person or equipment on the ladder.
- Lean out beyond the ladder’s side rails.
- Use an extension ladder horizontally like a platform.

**STEPLADDERS**

**DO**
- Read and follow all the manufacturer’s instructions and labels on the ladder.
- Look for overhead power lines before handling or climbing a ladder.
- Maintain a 3-point contact (two hands and a foot, or two feet and a hand) when climbing/descending a ladder.
- Stay near the middle of the ladder and face the ladder while climbing up/down.
- Use a barricade to keep traffic away from the ladder.
- Keep ladders free of any slippery materials.
- Only put ladders on a stable and level surface that is not slippery.

**DO NOT**
- Use ladders for a purpose other than that for which they were designed. For example, do not use a folded stepladder as a single ladder.
- Use a stepladder with spreaders unlocked.
- Use the top step or cap as a step.
- Place a ladder on boxes, barrels or other unstable bases.
- Move or shift a ladder with a person or equipment on the ladder.
- Use cross bracing on the rear of stepladders for climbing.
- Paint a ladder with opaque coatings.
- Use a damaged ladder.
- Leave tools/materials/equipment on stepladder.
- Use a stepladder horizontally like a platform.
- Use a metal stepladder near power lines or electrical equipment.